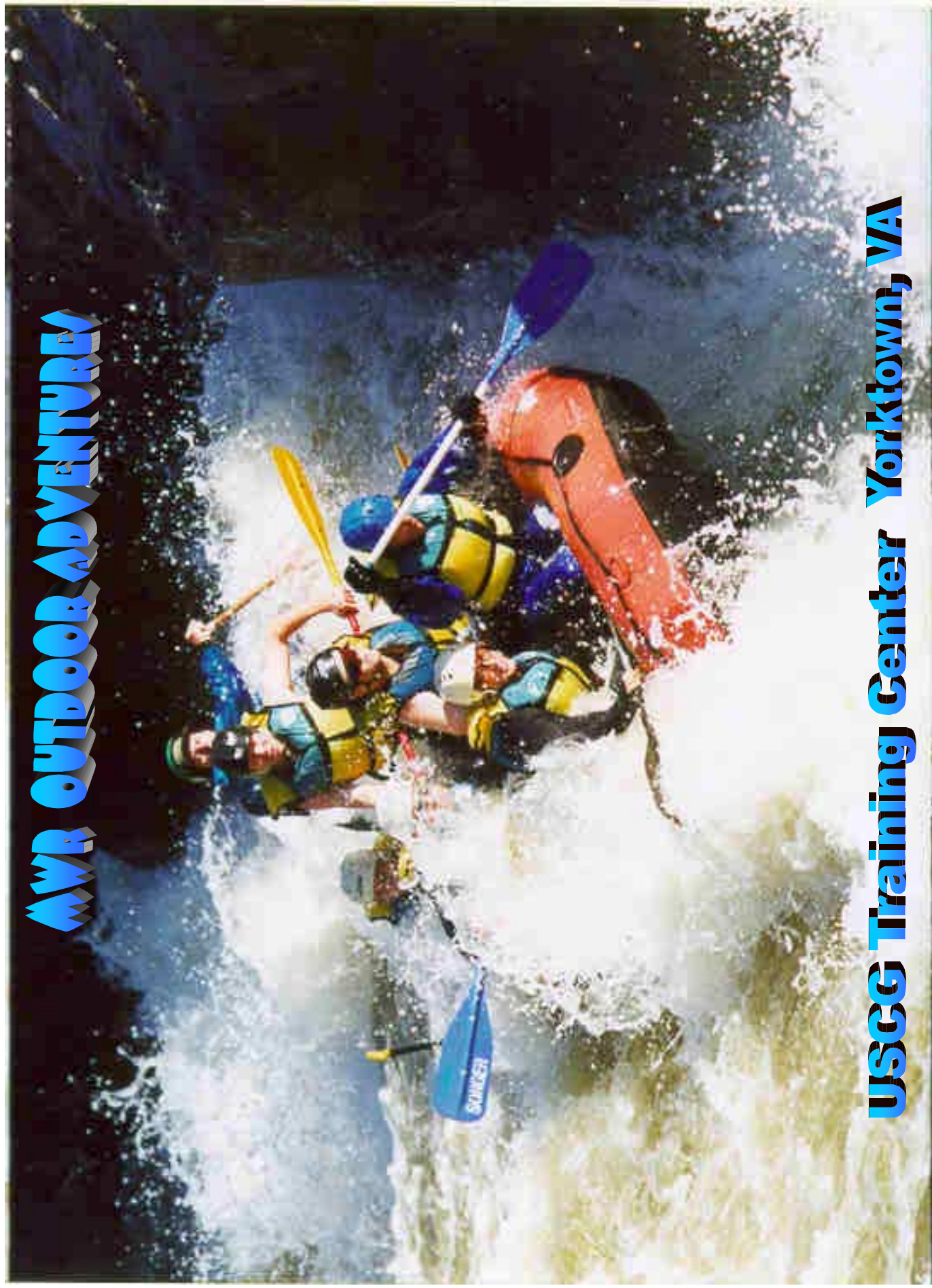


AWA OUTDOOR ADVENTURE



USCG Training Center Yorktown, VA

IN THE SNOW

Ski Green & Surf the Mountain

Both of these trips take you to Wintergreen Ski Resort in the western portion of Virginia. Please join us for a one-day winter getaway. We will take you to one of our local ski resorts where you can enjoy some downhill skiing/snowboarding or take a beginner class (for either sport) and try out the learning slopes.

The trip is on a Sunday and everything is included: Skis or Snowboard rental, lift ticket, instruction, and lunch (for TRACEN students only). You are responsible for all other items listed on the trip itinerary. Ski Green is a combination Ski/Board trip and Surf the Mountain has been reserved for Snowboarding only (beginners welcome)



Ski the White Rabbit

Now, this is the TRIP! Two days (and even a one optional Night Ski) of fun on the Slopes! You will stay in a four bunk where you can come & go at your leisure. Snowshoe is one of West Virginia's primum ski resorts. With over 50 runs, 1,500 ft vertical elevation with a 1.5 mile run!

This trip is a bit more expensive but for the white slope enthusiast, it's a great buy! We will get you there and back home. The rentals, lodging and lift tickets are included in the registration price. You will be responsible for your eats and personal gear.

IN THE PITS

Spelunking Trip (Caving)

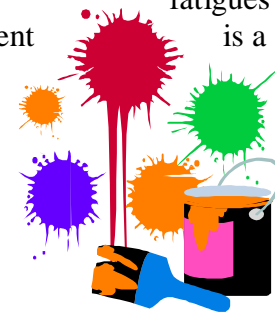
This is the perfect trip for all those who feel they are always kept in the dark. You will feel right at home here.

The trip takes you to the western portion of the state where you will embark on an adventure you will not soon forget. Our guide will allow you to explore the depths of the earth and back again.

This is a one-day event and we have a lot of ground to cover. We will be departing at O dark thirty so bring a pillow. The trip will include transportation and most meals. The guide company will provide the essential safety equipment but you are responsible for the items listed on the trip itinerary.

Paintball Games

We'll take you to the Front Lines; it's your job to get out clean! Don your fatigues and prepare to bellycrawl. This event is a favorite of many. We take you out to the countryside and you spend most of the day shooting at your friends!?! Heed the warnings about skin coverage. If you don't cover it up, you'll bring it home with a rise on it.



All the equipment is provided except your own clothing. Lunch is provided for TRACEN students only. You are responsible for the items listed on the trip itinerary.

IN THE MOUNTAINS

Pack McAfee's Knob

The backcountry at it's best! You will visit the most photographed spot on the AT (Appalachian Trail) – Mc Afee's Knob. The next day you will traverse Tinker Cliffs, a ¼ mile of knife-edge drop offs, before descending to the valley floor. The trip includes transportation and essential equipment. You will be responsible for your food, which needs to be packable, and all other items listed on the trip itinerary.

Old Rag Mountain Day-Hike

After camping in the Shenandoah Natl. Park on Friday night you will be shuttled to the Old Rag Mountain Trail Head. The ascent takes about 2 ½ hours but you can take as many rest/breaks as you would like.



At the top you will feel like you passed through the forestation line because the terrain changes dramatically. From a shaded trail to boulders of all sizes and shapes with very little vegetation. Here you start a series of overs, unders, arounds, and throughs until you reach the summit of the mountain. We will eat on the top and then descend a firetrail/forest road on the other side. You will find that the trip down takes a lot less time than the trip up.

Lunch is provided but you will be responsible for all other items listed on the trip itinerary

ON THE ROCKS

Over The Edge

This adventure will test your resolve and build teamwork at the same time. Imagine yourself at the top of a cliff with nothing but a rope & harness between you and the cliff floor. If this gets your adrenaline pumping that's just half of the experience you get during this trip.

You will be going to Great Falls Natl. Park just across the Potomac River from the nation's Capital. Great Falls is where the Potomac River narrows from about a 1/2 mile wide to around 150 feet across and there are great rock faces to climb while watching the kayakers play below.

ON THE WATER

Raft the James River

Urban Whitewater is the theme here. We will start north of Richmond at Pony Pasture. Here we will put in and float out a leisurely morning. After lunch we head to the Falls of the James. Hang On! If you've never done this sport before, you're in for a great ride.

The trip includes transportation, lunch, and all the essential gear. You are responsible for the items listed on the trip itinerary.

Paddle the James River

You're off! Two and ½ day trip, of which two will be on the water. This trip consists of ½ day of basic canoeing techniques. Next we put in and paddle down river to an island where we will spend the night. The river has a few rapids that we will need to navigate. The rapids vary in class depending on the water level and volume.

This trip includes transportation several meals and all the essential gear for the trip. You are responsible for the items listed on the trip itinerary.

Shoot The Gauley

This adventure is not for the faint of heart. There is an age limit of 18 years or older. The beginning of the float starts right at the foot of the dam where huge pipes gush out thousands of gals of water per second that floods down the river valley.

Your raft will sit in an eddy waiting its turn to dig in and shoot out into the Gauley's torrential flow. The majority of this trip is class 4 & 5 rapids but it seems like the rapids run right into each other and never stop. They just keep rolling in one right after another.

We will camp on Friday night at the outfitters and then raft on Saturday. We head home after the shuttle back to our camp.

All the equipment is provided except your own clothing. Lunch is provided but you are responsible for the items listed on the trip itinerary.

Paddle the Jackson River

Off to the Western portion of Virginia to the birthplace of the James River. The Jackson River runs through numerous mining towns which all have more than their share of railroads. This translates into river language as "many bridges overhead". Along with the bridges and a few lower class rapids, you will pass through Rainbow Gap. With its steep grade and the only class 3 rapid on the trip, this trip should prove to be a good one.

The trip includes transportation and essential equipment. You will be responsible for your food, which needs to be packable, and all other items listed on the trip itinerary.

